

# Carlsbad Paradise Café by the Sea

## March 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Menu subject to change</b>  <b>Reservations:</b>  <b>760-602-4655</b>  <b>** = 500+MG</b>  <b>* = 300-500 MG</b>  <b>Sodium</b></p>	 <p>Bingo Every Tuesdays 1 p.m. in Auditorium</p>	<p>1  <b>Baked Salmon</b>  <b>Hollandaise Sauce</b>  Parsley Potatoes  Sourdough Bread  Broccoli, Carrot Salad  Pineapple  <b>Alternate Salad</b>  Oriental Chicken Salad,  Carrots</p>	<p>2  <b>Salisbury Steak</b>  Sautéed Onions  Mashed Potatoes  Gravy  Stewed Tomatoes  Peas &amp; Carrots  Wheat Bread  Ice Cream</p>	<p>3  <b>Eggplant Parmesan*</b>  <b>Spaghetti</b>  Garlic Bread  Greek Salad  Fresh Fruit  Cookie</p>
<p>6  <b>Pea Soup</b>  Ham &amp; Swiss  Sandwich**  Carrot &amp; Celery Sticks  Ranch Dip  Crackers  Tropical Fruit Salad</p>	<p>7  <b>Roast Turkey*</b>  Stuffing  Mashed Potatoes  Gravy  Cranberry Sauce  Green Beans  Ice Cream with Fruit</p>	<p>8  <b>Kahlua Pork with</b>  <b>BBQ Sauce*</b>  Hawaiian Sweet Potatoes  Coleslaw  Dinner Roll  Peach Cobbler  <b>Alternate Salad</b>  Cobb Salad with Turkey,  Carrots</p>	<p>9  <b>Beef Stroganoff</b>  Noodles  California Vegetables  Marinated Tomato &amp;  Cucumber Salad  Vanilla Pudding  <b>Monthly Movie:</b>  <b>Florence Foster Jenkins</b>  <b>1 &amp; 3 p.m. Auditorium</b></p>	<p>10  <b>Cheese Ravioli*</b>  Marinara Sauce  Zucchini  Garlic Bread  Spinach Salad with  Cranberries  Mandarin Oranges</p>
<p>13  <b>Sesame Ginger</b>  <b>Chicken</b>  Rice  Stir Fried Vegetables  Asian Cabbage Salad  Pineapple  Fortune Cookie</p>	<p>14  <b>Carne Asada</b>  Refried Beans*  Mexican Rice  Mixed Salad with  Oranges, Flour Tortilla  Flan  <b>Armchair Theater:</b>  <b>"Heart of the Country"</b>  <b>1 &amp; 3 p.m. TV Lounge</b></p>	<p>15  <b>Texas BBQ Beef*</b>  Rosemary Potatoes  Coleslaw, Biscuit  Cinnamon Apples  <b>Alternate Salad</b>  Spinach Salad with Bacon,  Egg &amp; Mandarins</p>	<p>16  <b>Chicken Curry</b>  with Potatoes, Onions  Peas &amp; Carrots  Rice  Spinach Salad  Mandarin Oranges</p>	<p>17  <b>St. Patrick's Day</b>  <b>Corned Beef &amp;</b>  <b>Cabbage**</b>  Parsley Potatoes  Carrot Raisin Salad  Rye Bread, Pears  <b>Alternate Salad</b>  Shrimp Salad Plate</p>
<p>20  <b>Sloppy Joe</b>  Sandwich Roll  Baked Potato  Sour Cream, Scallions  Corn  Coleslaw  Fresh Fruit</p>	<p>21  <b>Moroccan Chicken</b>  <b>with Apricots</b>  Couscous  Zucchini Tomato Sauté  Spring Mix Salad  Pudding  <b>Armchair Theater:</b>  <b>"Heaven Sent"</b>  <b>1 &amp; 3 p.m. TV Lounge</b></p>	<p>22  <b>Pork Forestiere</b>  with Mushroom Sauce  Noodles  California Vegetables  Apple Strudel  <b>Alternate Salad</b>  Tuna Salad Plate, Carrots</p>	<p>23  <b>Meatloaf</b>  Mashed Potatoes  &amp; Gravy  Peas &amp; Carrots  Tomato Cucumber Salad  Dinner Roll  Brownie</p>	<p>24  <b>Minestrone Soup</b>  Duet of Egg &amp; Tuna  Salad, Lettuce &amp;  Tomato, Rye Bread  Carrot Slaw with  Pineapple, Ice Cream  </p>
<p>27  <b>Tarragon Chicken</b>  Mustard Cream Sauce  Parsley Potatoes  Mixed Vegetables  Biscuit  Apple Sauce</p>	<p>28  <b>Stir Fried Beef with</b>  <b>Mushrooms</b>  Stir Fried Vegetables  Rice, Salad Greens with  Mandarins, Peanut  Dressing, Ice Cream  <b>Armchair Theater:</b>  <b>"The Decoy Bride"</b>  <b>1 &amp; 3 p.m. TV Lounge</b></p>	<p>29  <b>Sausage &amp; Peppers**</b>  Penne Pasta  Marinara Sauce  Italian Vegetables  Caesar Salad, Italian Bread  Fresh Fruit  <b>Alternate Salad</b>  Tarragon Chicken Salad,  Carrots</p>	<p>30  <b>Chicken a l'Orange</b>  Brown Rice  Broccoli  Curried Lentil Salad  Jell-O with Fruit</p>	<p>31  <b>Vegetable Lasagna</b>  Alfredo Sauce  Marinated Bean Salad  On Lettuce Leaf  Garlic Bread  Tropical Fruit Salad</p>

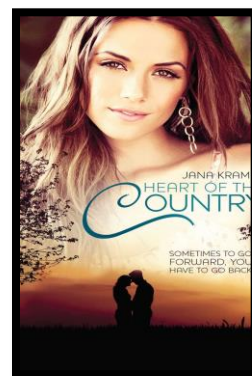


## Carlsbad Paradise Café by the Sea

### For information call: 760-602-4650

The Carlsbad Senior Center serves nutritious, “hot” meals Monday through Friday in our Dining Room. The requested donation for seniors, who are **ages 60 and up**, is \$3.50—you **need not be a city of Carlsbad resident to dine**. A \$5 lunch fee applies to **non-senior guests** of seniors.

Advance reservations can be made in person, by calling [760-602-4655](tel:760-602-4655). Please tell us which day(s) you will be attending lunch and leave your full name and phone number. Cancellations can be made by calling [760-602-4655](tel:760-602-4655).



Dining room seating is available at 11 a.m. and lunch is served promptly at 12 noon. You may **forfeit** your lunch reservation if you do not check-in prior to 11:45 a.m. We also deliver home meals Monday through Friday to homebound seniors living in Carlsbad, for a requested donation of \$4. In addition, frozen meals are available for the weekend and will be delivered on Fridays. For more information, call [760-602-4652](tel:760-602-4652).

Transportation for lunch to and from the Carlsbad Senior Center is available Monday through Friday to Carlsbad seniors, ages 60 and up, and who are unable to drive. Transportation for medical appointments is provided Tuesdays, Thursdays and Fridays. Appointments must be made in advance. For all transportation reservations, call [760-602-4650](tel:760-602-4650).



Wednesdays, transportation is available for shopping. Call [760-602-4650](tel:760-602-4650) for schedule and reservations. Special transportation options are available every Tuesday for lunch & Bingo, as well as the 2nd Thursday of each month for lunch and our **free** monthly movie.

**No eligible person will be denied a meal or transportation because of failure or inability to contribute.** This program is supported by the City of Carlsbad and the Older Americans Act funds through San Diego County Aging & Independence Services.



### **MARCH SENIOR SPECIALS**

Tues. & Thurs.	8:30 a.m. to 4 p.m.	* AARP Tax Assistance
3/2	1 to 3 p.m.	Monthly Dance: The Billy Harper Band, sponsored by Carlsbad by the Sea
3/9	1 to 3 p.m.	Monthly Movie: “Florence Foster Jenkins” with Meryl Streep
3/13	1 to 2:30 p.m. 1:30 to 3 p.m.	Book Club: “The Underground Railroad,” by Colson Whitehead Morningstar Financial Education Lecture: <b>Introducing Morningstar’s Sustainability Fund Ratings</b>
3/14	1 to 3 p.m.	Armchair Theatre: “Heart of the Country”
3/15	10 a.m. to 11:15 a.m. 1 to 2:15 p.m.	Photoshop Elements – Artistic Effects iPad – Part 3 Tips & Tricks
3/16	10 to 11:30 a.m.	Seminar: <b>Save a life – Learn about Hands-Only CPR</b>
3/20	1:30 to 3 p.m.	Morningstar Financial Education Lecture: <b>The Evolution of the Fund Industry</b>
3/21	1 to 3 p.m.	Armchair Theatre: “Heaven Sent”
3/22	10 a.m. to 11:15 a.m. 1 to 2:15 p.m.	Photo Books Made Easy Video Editing
3/24	12:30 to 4:30 p.m.	* AARP Smart Driver Program
3/27	1:30 to 3 p.m.	Morningstar Financial Education Lecture: <b>Learning the ABCs of Municipal Bonds</b>
3/28	1 to 3 p.m.	Armchair Theatre: “The Decoy Bride”
3/30	10 a.m. to 11:30 a.m.	Seminar: <b>Senior Medical Assessments, Dr. Wilson Liu, M.D., Tri City Medical Center</b>
3/31	12:30 to 4:30 p.m.	* AARP Smart Driver program

